Compassion Fatigue: When Helping Hurts

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#CSUBasicNeeds
How we enter into this work?
Who’s in the room?

- Why did you attend this workshop?
- What do you hope to gain from attending?
Workshop Goals

• Briefly discuss the concepts of compassion fatigue and compassion satisfaction
• Self-care questionnaire
• Share models of self-care (Internal and External)
• Share tips, tools, and resources for self-care
Compassion Fatigue is the negative aspect of helping those who experience traumatic stress and suffering.

Compassion Satisfaction is about the pleasure you derive from being able to do your work.

Take a few minutes to share examples of times we have experienced compassion fatigue and compassion satisfaction.

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Professional Quality of Life

- Compassion Satisfaction
- Compassion Fatigue
  - Burnout
  - Secondary Trauma
Compassion Fatigue
Highly treatable
Chronic exhaustion
Depersonalization (detached)
Feelings of inequity toward others. “why aren’t they working as hard?”
Irritability

Burnout
Effect of long term denial of personal needs
Reduced dedication
Emotional reactions
Deterioration of 1) Cognition 2) Motivation 3) Creativity
4) The capacity to differentiate (must be addressed now vs. can wait)
Impact on social and spiritual life
Decreased engagement

Secondary or Vicarious Trauma
The Victim Advocate and Title IX
Symptoms mimic those of PTSD
Reexperiencing of event
Hypervigilance & arousal (reactive)
Both Burnout and Secondary trauma may not resolve without intentional efforts which include time off, counseling, holistic approach to wellness
Self-Reflection Time...
Self-Care Questionnaire

https://play.kahoot.it/#/?quizId=91b6e14c-079a-4c45-af13-9557ee382760
How do we manage compassion fatigue?

Counseling Center at Fresno State
Informal survey responses
Gratitude Tree, Walking trails
Meditation, Music, Exercise, Consultation
Spending time with friends a family
Excessive Pinterest searches...twitter...instagram
Extreme inappropriate laughter
Avoidance and then marathon catch up
Obsessive shoe buying
Excessive Amazon buying and returning
We take everything seriously...We take almost nothing seriously

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Model of Self Care (Internal)

Self-Compassion

- Self-kindness vs. self judgement
- Common humanity vs. Isolation
- Mindfulness vs. Over-identification
Share Your Ideas

#positivypulse

Life is Better with Friends!

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Spirituality

- Set a morning ritual.
- Set an evening ritual.
- Check your emotional temperature.
- Engage your senses.
- Give your eyes a feast.
- Write letters to yourself.
- List your loves every day.
- Have meetings with yourself.
Models of Self-Care (External)

1. Go for a run or a light jog.
2. Meditate or do deep breathing for five minutes.
3. Take a break when you need it.
4. Choose who you spend time with.
5. Laugh heartily at least once a day.
6. Eat green daily.
7. Avoid emotional eating.
8. Start a journal.
9. Learn to say ‘No.’
10. Stop overthinking.
How Can Supervisors Help...

- Emphasize and talk about self care
  - Model self care
  - Encourage staff
    - Recognizes the stress of job
    - Flexibility on schedule / allows for days off
An Experiment in Gratitude | The Science of Happiness
Resources

Websites
http://www.proqol.org
http://self-compassion.org
https://swissharmony.com/burnout-what-is-it/the-phases-of-burnout
www.nctsn.org/resources/topics/secondary-traumatic-stress

Articles
https://spiritualityhealth.com/articles/2017/03/31/7-self-care-practices-support-you

Videos
https://youtu.be/oHv6vTKD6lg
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#CSUBasicNeeds
Thank You!

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